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Syrian Embassy vandalism investigated



► Red paint covers the front entrance of the Syrian Embassy on Cartier Street Sunday.

JOE LOFARO
@METRONEWS.CA

The RCMP are investigating after the Syrian Embassy on Cartier Street was splattered with red paint on the front doors and canopy overnight Friday.

The vandalism came after activists in Syria said more than 200 people

were killed in the city of Homs as a result of the Assad regime's crackdown on protesters.

Protesters in Ottawa held a rally on Saturday outside the Syrian Embassy, but police said it was peaceful and there was no apparent link between the rally and the vandalism.

On Sunday morning,

the red paint was still visible on the embassy property.

Protesters also stormed six other Syrian Embassies in Europe and the Middle East on Saturday.

WITH FILES FROM THE
CANADIAN PRESS



For more local news visit metronews.ca/ottawa

1

news

Cyclist still critically injured

► Driver in Carling Avenue crash charged with dangerous driving causing bodily harm



SEAN MCKIBBIN
@METRONEWS.CA

An Ottawa man who was struck by a car that was allegedly steered by an impaired driver was still in critical condition Sunday night, the Ottawa Hospital said.

Cyclist Nathan Anderson, 31, was hospitalized Thursday afternoon after a collision on Carling Avenue.

Police arrested the suspect at the crash scene.

They reportedly wit-

nessed the crash themselves on scene after witnesses called them to Hampton Park Plaza, where media reports indicated a man who appeared to already be impaired was refused alcohol by LCBO staff at the mall.

Glen Carkner, 44, of Ottawa is charged with dangerous driving causing bodily harm and impaired operation of a motor vehicle.

Carkner appeared in show-cause court Friday and has a bail hearing scheduled for Feb. 9.



► Ottawa police officers examine Nathan Anderson's crumpled bicycle after a car crash near the intersection of Carling Avenue and Archibald Avenue on Thursday.



The family of 14-year-old Burton Winters has some pointed questions for the military over the duration of the search for the boy. Scan code for the story.

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TEXT AND PHOTOS JOE LOFARO



► Nancy Kennedy poses next to her son, Sam, 8, and two six-year-old daughters, Rose, left, and Stella, during their skate on the Rideau Canal Sunday.

Keeping toddlers occupied and happy on the Rideau Canal can be a struggle for some parents from the moment the skates are on until it's time to take them off.

Savvy parents on the world's largest skating rink Sunday offered their tips for making an afternoon in Winterlude a little smoother.

Nancy Kennedy has her kids pitch in. She lets her son, Sam, 8, lace up his own skates and gets him and his two sisters, Stella and Rose, both 6, to secure their own helmets while she does the rest.

Once on the ice, Kennedy makes a deal with her kids to ensure a happy skate.

"I tell them that they'll get a Beavertail at the very end," said Kennedy, with a smile.

Kiley Lacelle agreed that food gives a boost to tired kids like her daughters Lauren, 7, and Ashlen, 3, which is why she brought snacks and water.

A sled also comes in handy when kids refuse to skate any farther, said Lacelle.

"Knowing when to turn around and come back — I think that's important," said Lacelle, tugging Ashlen in a sled.

The National Capital Commission also rents out sleds (\$20 for two hours) on site, which can fit two small children.



► A man pushes a young boy in a National Capital Commission sled on the Rideau Canal Sunday afternoon.



► Marcus Carter, 3, builds a rocket ship out of coloured ice blocks in Confederation Park Sunday.

Winterlude survival



► For a spot to warm up or change your skates, try out one of the canal's posh new chalets. Built at a cost of \$750,000 each, you might want to visit one and get your money's worth.

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ETHICAL DEBATE

Supreme Court to rule on HIV disclosure

Canada's highest court is set to hear arguments over whether it's a crime for people with HIV to keep their condition from their sexual partners if the risk of transmission is low.

Supreme Court justices are to hear two cases Wednesday that hinge on the obligations

of those with the virus that causes AIDS.

Prosecutors argue people carrying HIV must always inform their partners regardless of the risks of transmission. That way, partners can decide if they want to run the risk of contracting the virus.

Advocates argue that such thinking criminalizes carriers of the virus and doesn't acknowledge the science that can determine the likelihood of transmission.

THE CANADIAN PRESS

Skier recovers from avalanche

A male skier is recovering from injuries after he and a female companion survived an avalanche in B.C.

The incident was on Saturday near Kimberley, B.C. There have been five avalanche-related deaths this season. THE CANADIAN PRESS

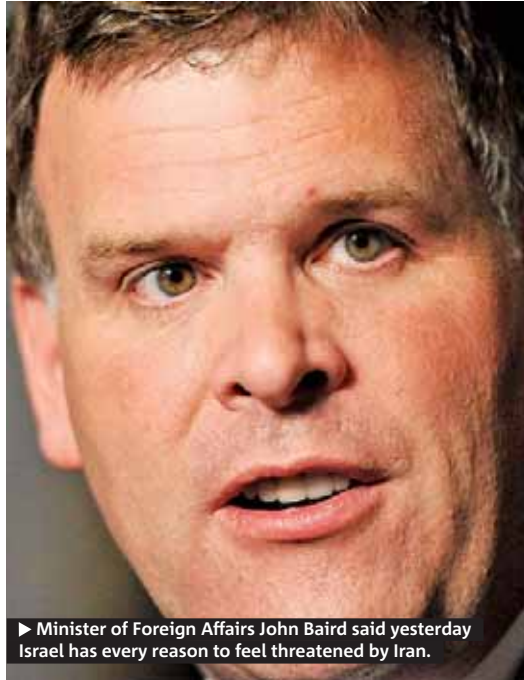
Byelection for Layton's riding

Stephen Harper has called a byelection in former NDP leader Jack Layton's riding for March 12.

The riding, located east of downtown Toronto, was known as a Liberal bastion until Layton's 1994 election. THE CANADIAN PRESS

Baird defends Israel's Iran fear

SEAN KILPATRICK/ THE CANADIAN PRESS



► Minister of Foreign Affairs John Baird said yesterday Israel has every reason to feel threatened by Iran.

► Minister: Israel has a right to feel threatened ► Refers to Mein Kampf

Foreign Affairs Minister John Baird invoked images of the Holocaust in defending the notion of possible Israeli military action against Iran.

Appearing on CTV's Question Period Sunday, he suggested the Jewish state has every right to feel threatened and pointed to recent comments by the Islamic republic's supreme leader, who vowed to remove a "cancer" from the Middle East.

Ayatollah Ali Khamenei, in a speech broadcast across Iran on Friday, also pledged to aid any nation or group that challenges Israel.

"Obviously you can understand why the Jewish people and why Israel would take him seriously," Baird said in an interview with the news program

Heated Words

Baird's comments added to the war of words over Iran's nuclear program.

► The deputy head of Iran's elite Revolutionary Guard, Hossein Salami, also warned that any country in the Middle East whose territory is used to launch a military strike will face retaliation.

► Salami was quoted as saying Tehran will use "retaliatory aggression" against neighbours if they aid in such an attack.

from Israel. "Hitler wrote Mein Kampf more than a decade before he became Chancellor of Germany."

THE CANADIAN PRESS

PM takes notice of sentencing controversy

Media reports that some pot growers will face harsher mandatory-minimum sentences than child rapists under the Conservative government's new crime bill were enough to catch the attention of Prime Minister Stephen Harper.

A request by The Canadian Press for cabinet records

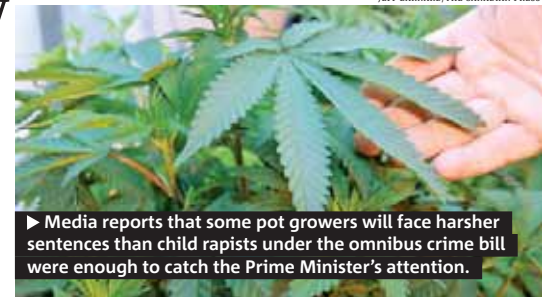
on the controversial omnibus crime legislation turned up a single document — much of it blacked out under a broad, discretionary exemption in the Access to Information Act.

The Oct. 11, 2011, "memorandum for the prime minister" says its purpose was to inform Harper about

the controversial sentencing provisions "in light of recent criticism in the media." It ends by stating that "additional analysis would be required if potential amendment proposals are deemed needed."

The memorandum followed two weeks of media reports sparked when a

Vancouver Province columnist highlighted that under the new law, someone convicted of "growing 201 pot plants in a rental unit would receive a longer mandatory sentence than someone who rapes a toddler or forces a five-year-old to have sex with an animal." THE CANADIAN PRESS



► Media reports that some pot growers will face harsher sentences than child rapists under the omnibus crime bill were enough to catch the Prime Minister's attention.

JEFF BARNARD/ THE CANADIAN PRESS

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► Queen Elizabeth II smiles as she leaves Sunday Service.

QUEEN ELIZABETH II BRAVES COLD, SNOW AHEAD OF JUBILEE

Queen Elizabeth II braved the cold and snow to attend church Sunday on the eve of her Diamond Jubilee anniversary.

Bundled in a brown coat and matching fur hat, Elizabeth was joined by her husband, Prince Philip, at the service at West Newton church on her Sandringham Estate in eastern England.

Following a service that lasted less than an hour, the queen took

time to greet and accept flowers from well-wishers huddled in the freezing temperatures to catch a glimpse of her.

The 85-year-old monarch marks 60 years on the throne on Monday. The anniversary will be marked by a series of events throughout 2012.

Elizabeth ascended the throne when her father, George VI, died on Feb. 6, 1952.

THE ASSOCIATED PRESS

It's a snow-go in Europe

► State of emergency called in parts of Europe after heavy snowfall

In Bosnia, more than 100 remote villages have been cut off by two metres of snow in the mountains. More than one metre fell in Sarajevo, the capital, where a state of emergency has been declared.

Three helicopters cruised over eastern Bosnia Sunday, delivering food and picking up people who needed evacuation. Sarajevo has been paralyzed since Friday evening and authorities have ordered all schools closed. Residents have volunteered to remove snow and ice from the trams that are stuck along the city's tracks.

In neighbouring Serbia, officials said 70,000 people remain cut off. So far, 32 municipalities throughout the country have introduced emergency measures, said senior emergency

► People walk along an icy promenade past ice-covered cars and trees on the shores of Lake Geneva in Versoix, Switzerland, Sunday.



KEYSTONE MARTIAL TREZZINI/THE ASSOCIATED PRESS

"The snow is beautiful, but let's hope spring comes soon."

POPE BENEDICT XVI

official Predrag Maric. Later Sunday, Serbia's emergency board was to meet to discuss the crisis.

In Montenegro, the north of the country remained cut off, although

emergency crews have managed to clear some of the blocked roads.

The situation also had improved somewhat in Croatia, where bus traffic toward the coast resumed,

even as snow slowed traffic throughout the country. In the coastal town of Split, where authorities declared emergency measures, dozens of people sought medical help for injuries sustained on ice and snow. Snow is extremely rare in Split, which is on the Adriatic coast. THE ASSOCIATED PRESS



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Anti-Putin song strikes a chord

► Ex-Russian paratroopers write and perform catchy protest song ► Artists employ craft to amass support

The most popular protest song in Moscow today comes from burly men in blue berets, unlikely heroes of a peaceful middle-class movement challenging the strongman rule of Vladimir Putin.

The simple but catchy song was performed at a protest rally for the first time this weekend, but many of the tens of thousands in the crowd already knew the words.

On a snowy square across a frozen river from the Kremlin, the protesters sang along with the chorus, which sums up their weariness with Putin as he intends to extend his 12 years in power by winning a presidential election in March:

1M

A video of the former paratroopers and three others performing the song lit up the Internet, getting more than one million views in the first few days.

"You're just like me, a man not a god. I'm just like you, a man not a sod."

The men were joined on the stage by some of Russia's most respected cultural figures who have played major roles in organizing the protests along with veteran politicians now in the opposition.

The former paratroopers' song is just one of the many musical, literary and artistic creations that have inspired and enlivened the protest movement that is still largely the reserve of erudite, urban Russians.

Mikhail Vistitsky, a 45-year-old veteran of the elite force, wrote the lyrics after attending one of the first big anti-Putin demonstrations in late December.

"Mikhail had the idea that a song, an anthem, was what the whole protest movement needed," said Stanislav Baranov, who contributed music and several lines to the song. "The lyrics came straight from his heart in half an hour."

THE ASSOCIATED PRESS

Protest. Site



► Workers in protective gear remove tents, camping gear and debris left by Occupy DC protesters in McPherson Square, Washington, D.C., on Sunday.

CAROLYN KASTER/ THE ASSOCIATED PRESS

Occupy DC forced to move on

Authorities say 11 people have been arrested in Washington's McPherson Square since park police began clearing away tents Saturday from one of the last remaining Occupy sites in the U.S.

Occupying the classroom

A Chicago college is offering a class on the Occupy

movement.

Thirty-two undergraduate students are enrolled at Roosevelt University's Occupy Everywhere class. Students' assignments include

reading the movement's newspaper and attending Occupy Chicago's general assembly meetings held near the downtown campus. THE ASSOCIATED PRESS

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TRIAL STILL A GO

Egypt sends non-profit workers to trial

Ignoring a U.S. threat to cut off aid, Egypt on Sunday referred 19 Americans and 24 other employees of non-profit groups to trial before a criminal court on accusations they illegally used foreign funds to foment unrest in the country.

Egypt's military rulers had already deeply strained ties with Washington with their crackdown on U.S.-funded groups promoting democracy and human rights and accused of stirring up violence in the aftermath of the upris-

ing a year ago that ousted the country's former president, Hosni Mubarak. The decision to send 43 workers from the various groups to trials marks a sharp escalation in the dispute.

Egypt and the United States have been close allies for more than three decades, but the campaign against the organizations has angered Washington, and jeopardized the \$1.5 billion in aid Egypt is set to receive from the U.S. this year.

On Saturday, U.S. Secretary of State Hillary Rodham Clinton warned Egypt that failure to resolve the dispute may lead to the loss of American aid.

The Egyptian minister, Mohammed Amr, responded Sunday by saying the government cannot interfere in the work of the judiciary, reporters

THE ASSOCIATED PRESS

Finland's conservatives end drought

A former finance minister won Finland's presidential election Sunday and will become the country's first conservative head of state in five decades.

Sauli Niinistö won 63 per cent of the votes, compared to 37 per cent for his rival, Greens candidate Pekka Haavisto, of which results showed with 100 per cent of ballots counted.

The 63-year-old Niinistö will become the first president from the conservative National Coalition Party since 1956, and the first in 30 years from a party other than the centre-left Social Democrats.

He will replace Tarja Halonen, one of Finland's most popular heads of state, who has served the maximum two six-year terms.

THE ASSOCIATED PRESS

U.S. calls for coalition to stop Syria violence

► Russia, China veto UN-backed resolution to end bloodshed ► Syria rebels say only force will oust regime

JIM WATSON, POOL/THE ASSOCIATED PRESS



► U.S. Secretary of State Hillary Rodham Clinton

The United States proposed an international coalition to support Syria's opposition Sunday after Russia and China blocked a UN attempt to end nearly 11 months of bloodshed, raising fears that violence will escalate. Rebel soldiers said force was now the only way to oust President Bashar Assad, while the regime vowed to press its military crackdown.

The threat of both sides turning to greater force after Russia and China vetoed a UN Security Council resolution raises the potential for Syria's turmoil to move into an even more dangerous new phase that could degenerate into civil war.

The uprising, inspired by other Arab Spring revolts,

U.S. Secretary of State Hillary Rodham Clinton warned that chances for "a brutal civil war" would increase as Syrians under attack from their government move to defend themselves, unless international steps provide another way.

Speaking to reporters in the Bulgarian capital Sofia, she called the double veto at the UN Security Council on Saturday "a travesty."

"Faced with a neutered Security Council, we have to redouble our efforts outside of the United Nations," she said, calling for "friends of democratic Syria to support the Syrian people's right to have a better future."

THE ASSOCIATED PRESS

began in March with peaceful protests against Assad's regime, sparking a fierce crackdown by government forces. Soldiers who defected to join the uprising later began to protect protesters from attacks.

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Saudi women challenge legality of driving ban

Saudi women leading a campaign against the kingdom's ban on female driving are calling on the courts to take up their lawsuits demanding the right to drive.

Manal al-Sherif said Sunday that she and another woman activist are urging judicial authorities to begin proceedings on complaints they lodged after being refused driver's licences.

Al-Sherif says she filed her suit in November and it was transferred to the Interior Ministry.

Al-Sherif was detained for nearly two weeks last year after posting an online video of herself driving. It helped launch wider protests.

THE ASSOCIATED PRESS

Driven away

► No laws prohibit women from driving, but conservative religious edicts have banned it and officials comply.

Celebrate. With a bang!



► A fire breather keeps the crowd entertained.

AJIT SOLANKI/THE ASSOCIATED PRESS

A show like no other

An Indian Muslim youth displays his skill by blowing a ball of fire as others look on during a procession to celebrate Eid-e-Milad-un-Nabi, or the birthday of Prophet Mohammed, in Ahmedabad, India, on Sunday.



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Facebook looks to hacking culture in effort to innovate

► The term 'hacking,' which dates back half a century, only took on negative connotations in the 1980s ► That outlook is now changing, tech experts say

Facebook's billionaire CEO Mark Zuckerberg calls himself a hacker.

For most people, that word means something malicious — shady criminals who listen in on voice mails, or anonymous villains who cripple websites and break into email accounts.

For Facebook, though, hacker means something

different. It's an ideal that permeates the company's culture. The hacker approach has made Facebook one of the world's most valuable Internet companies.

Hackers "believe that something can always be better, and that nothing is ever complete," Zuckerberg explains in an essay, *The Hacker Way*, included in

"In reality, hacking just means building something quickly or testing the boundaries of what can be done."

FACEBOOK CEO MARK ZUCKERBERG

Facebook's initial public offering, which is seeking \$5 billion US in investment.

"Symbolically, it doesn't bode well to Facebook and to potential investors," says Robert D'Ovidio, an associate professor of criminal justice at Drexel University.

By using the word, Zuckerberg, 27, is also trying to reclaim it. To him, Steve Jobs and the founders of many of the biggest technology companies were hackers. **THE ASSOCIATED PRESS**



► Facebook CEO Mark Zuckerberg during a meeting in San Francisco last October.

Game. Face



► Supermodel Adriana Lima stars in an ad for florist company Teleflora that was set to launch during Super Bowl XLVI. Millions had already viewed the ad online prior to the game.

Ads score big Bowl buzz

About 20 of the roughly 36 Super Bowl advertisers, eager to stand out during the big game, put their TV commercials online in the days leading up to Sunday's broadcast — a big break with tradition.

U.S. tax evasion dogs Swiss banks

Two Swiss banks will this week outline their response to growing pressure from the U.S. to give up tax-evading American customers and the bankers who helped them.

Julius Baer Group and Zuercher Kantonalbank are among at least 11 Swiss

banks targeted by U.S. authorities following a successful case against UBS AG that forced Switzerland's biggest bank to hand over 4,450 clients' files to Washington in 2010.

Since then, an amnesty program and the arrest of several Swiss bankers have given U.S. authorities ample ammunition to pursue other banks in the Alpine nation.

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HEART & STROKE FOUNDATION

Clothing chain pulls Caterpillar boots

Mark's Work Wearhouse has pulled Caterpillar boots from its London, Ont., stores after the heavy-equipment giant shut down a local locomotive plant.

The company says it is showing support for hundreds of workers who lost

their jobs at the Electro-Motive.

The retailer announced the move on its Facebook page Saturday, a day after U.S.-based Caterpillar revealed its plans to close the plant following a labour dispute.

THE CANADIAN PRESS

Debt talks continue in Greece

Crisis talks on a debt deal for Greece among the three leaders of parties supporting the coalition government were suspended and will continue Monday.

The three party leaders held a five-hour meeting late Sunday with Prime Minister Lucas Papademos

130B

At stake is a new 130-billion-euro bailout deal, without which Greece will default before the end of March.

to hammer out a deal with debt inspectors representing eurozone countries and the IMF, but failed to reach an agreement.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 23.8 (12,577.28)	+ 0.6¢ (100.64¢ US)	+ \$1.48 US (\$97.84 US)	\$2.49 US (- 5.5¢ US)
			Gold \$1,740.30 US (- \$19.00 US)

Waterloo still standing by RIM

The markets may be hitting Research in Motion hard after its most recent restructuring, but the community considered synonymous with the BlackBerry isn't letting bad news get it down.

RIM shares fell sharply after the company's recent announcement that co-CEOs Jim Balsillie and Mike Lazaridis were stepping down from their lead positions.

The shakeup followed a bad year that included 2,000 in layoffs as RIM lost consumers to Apple's iPhone and the Google-powered Android smartphones, especially in the United States, as well as operational problems and public-relations gaffes.

That has left many wondering what RIM's seemingly cloudy future would mean for the region of Waterloo and Canada's so-called Technology Triangle, which experienced a boom after becoming the go-to place for technology companies.

"The mood of the citizens of Waterloo, I think, is very positive"

**WATERLOO MAYOR
BRENDA HALLORAN**

Business and community leaders, however, say the mood hasn't soured in the southwestern Ontario city, because even though RIM was integral to its tech boom, the sector has now grown beyond simply one company.

"People sort of forget. They say: 'It's RIM.' Well, it's RIM plus 800 other tech companies," said Ian McLean, president and CEO of the Greater Kitchener Waterloo Chamber of Commerce.

"RIM has spurred a lot of things in this community. I don't want to underestimate that. But RIM has also settled here and grown up here because of the other things that Waterloo region has done to support it."

THE CANADIAN PRESS

THE SMART CAR AND THE HUMMER

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



It may seem like water torture for some taxpayers as they contemplate a proposed 74 per cent increase in water and sewer rates over 10 years to pay for the city's long-neglected infrastructure.

The environment committee got the bad news in detail last week as staff briefed them on \$2.7 billion worth of overdue repairs, upgrades and expansions. The rate increases, and \$460 million in new borrowing, would take care of \$2.1 billion of that cost.

Like many municipalities, Ottawa put off maintenance on our aging water system, and, for years, froze rates. Those short-term savings plays are now coming back to haunt us, with interest.

And these across-the-board rate increases won't do anything to address the strain urban sprawl puts on the system. Cheaper-to-serve customers nearer the city core are charged the same rates as costlier-to-serve suburban ones, so the former effectively subsidize the latter.

"Like many municipalities, Ottawa put off maintenance on our aging water system, and, for years, froze rates. Those short-term savings plays are now coming back to haunt us, with interest."

This pattern emerges again and again in Perverse Cities: Hidden Subsidies, Wonky Policy and Urban Sprawl, in which author Pamela Blais argues that by failing to make individual land users pay the true cost of sprawl, we end up encouraging it.

"Prices currently provide incentives to sprawl and disincentives to efficient development," Blais writes. "And, to add insult to injury, it is usually the efficient development that is subsidizing the inefficient development. In other words, the owner of the Smart car is subsidizing the Hummer owner."

Many regulatory attempts to fight sprawl can backfire. For example, Ottawa imposes higher one-time development charges on new homes outside the Greenbelt, in part to account for the cost of expanding the water network, but the charges don't cover the ongoing maintenance and delivery costs of serving those farther-flung 'burbs.

Worse, a larger suburban lot, which is more expensive to hook up than a smaller one (30 per cent more for a lot twice the size, according to one study Blais cites), nonetheless pays the same development charge, so those who consume more again pay less.

"Whereas the benefits of sprawl tend to be private in nature (e.g., larger lots and houses, freedom of automobile travel)," Blais explains, "the costs tend to be public (loss of farmland, higher infrastructure costs, greenhouse gas emissions, etc.)."

One key to making the price of low-density, car-dependant living reflect these costs, Blais writes, is making those in more efficient neighbourhoods who absorb them aware, so that they demand changes.

Firefighters volunteer to extinguish bullying

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Standing up to bullying takes bravery. So who better to help kids take that stand than volunteer firefighters, who bravely put their lives on the line every day?

On Wednesday, Jan. 11, Capt. Dave Joy of Ocean Wave Fire Co. paid an important visit to the school gym of St. Mary's Catholic Elementary

School in Carleton Place, Ont. Capt. Joy's participation was part of a school-wide awareness program that focused on taking bullying by the horns.

A collection of volunteer firefighters, the Ocean Wave Fire Co. serves the community of Carleton Place to provide fire protection and public education.

Here's to burning down bullying for good.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we will share them right here.

Daily Zoom



Holding on for dear life

Riders literally dragged by horse

SWITZERLAND. First-place rider Fadri Casty, pulled by Bergonzi, centre, competes during the Skijoring Grand Prix Credit Suisse race on the frozen Lake of St. Moritz, during the first weekend of White Turf races in St. Moritz on Sunday.

The unique race, which combines skiing and horse racing, has been an annual event in the town since 1906. **THE ASSOCIATED PRESS**

Taking the sport to the lake

TRADITIONAL. The weekend also includes the Grand Prix American Airlines — a more traditional horse race, if you can call riding horses on a frozen lake traditional.

The participants ride nearly 2,000 metres across the snow and ice, which gives the annual races the name White Turf. The racing wraps up Feb. 19. **THE ASSOCIATED PRESS**





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China	1 ⁹ <small>/min</small>	Lebanon	7 ⁹ <small>/min</small>	Sri Lanka	9 ⁹ <small>/min</small>
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2
scene

Box office



Some unknown kids with superpowers have nudged out the world's most famous teen wizard at the weekend box office. Chronicle, featuring a relatively unknown cast as youths who gain telekinetic abilities, debuted as the No. 1 movie with \$22 million. It edged out Harry Potter star Daniel Radcliffe's The Woman in Black.

THE ASSOCIATED PRESS



Mel Gibson, LA County sheriff listed as possible witness in deputy's discrimination case

A different kind of rom-com

▶ Canadian indie director parlays web donations into rom-zom-com A Little Bit Zombie

It was in 2006 that Thunder Bay, Ont.-native Casey Walker set out to make his first feature film and won over the web with his pitch to shoot an "unromantic comedy" for a million bucks.

A lot can change in five-plus years, including the idea for your film, and how much it'll cost to make it.

Walker eventually changed gears and decided to make his debut film a "rom-zom-com" called A Little Bit Zombie, which is getting its world premiere this weekend at the Victoria Film Festival. And while he initially nicknamed the project "my million dollar movie," it ended up costing just about double that.

The journey to create his first film actually dates back at least 10 years or so, when he started working on a script for his big-screen debut with another writer.

"We quickly discovered you can't make a movie in this country unless you've made a movie," said Walker.

Years later, inspired by a student's online campaign that collected donations to pay for his tuition, Walker set up mymilliondollar.com, asking for \$10 pledges to help fund his movie.

The website was a hit, made international headlines and gave Walker the push he needed to seriously pursue the film — even if the campaign didn't pay for



▶ Director Casey Walker, right, talks with cast and crew on the set of A Little Bit Zombie.

it entirely.

"We tried to raise a million dollars, that was the goal," he said.

"But we got \$85,000 online, I put in personally another \$275,000 and the rest came from tax credits and the Northern Ontario Heritage Fund Corporation," based on plans to shoot the film in Sudbury, Ont.

Walker went with the zombie theme after meeting with Christopher Bond (co-creator of Evil Dead, The Musical!) and Trevor Mar-

Viewing

▶ For those not in Victoria this weekend, A Little Bit Zombie is set to air on Movie Central and TMN (likely in the lead-up to Halloween) and before that it'll hit some theatres.

tin, who would become the writers for A Little Bit Zombie.

Kristopher Turner (The L.A. Complex, Instant Star) stars as mild-mannered

nice guy Steve, who is engaged to raging bridezilla Tina, played by Crystal Lowe (Hot Tub Time Machine, Final Destination 3, Smallville). They're spending a weekend away in a country cabin when things start getting strange, shortly after Steve gets bitten by a mosquito.

That mosquito had just finished feasting on a zombie's blood before getting to Steve.

"The (writers) told me the one-sentence idea of

what happens when a guy gets bitten by a zombie mosquito: he becomes a little bit zombie," said Walker, adding that the film is a fusion of multiple genres and not aimed at one demographic.

"We went for a broad audience ... this is a movie that if you don't love zombie movies, you're going to love, and if you love zombie movies you're going to love it. There's something there for everyone," he said.

THE CANADIAN PRESS



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Blazing a trail in Hollywood

► **Actress Pam Grier built career on portraying slew of fearless females**
 ► **Blames marginalized audiences for lack of African-American roles**

Film star Pam Grier says there's still a lack of opportunities for African-American actors in Hollywood and it's partly due to marginalized audiences.

Film investors are looking to make the widest profit margins possible and build upon "brands" (such as actors or franchises) that can "keep the industry going," explains the Foxy Brown screen siren.

And if they do invest in a marginalized brand, the

budget will likely be small and sometimes the target audience won't even support it, she said.

"We have conservative African-Americans who will not see certain films, will only see Tyler Perry but will not see Spike Lee," Grier, 62, said in an interview ahead of her appearance at the Canadian Film Centre's celebration of Black History Month in Toronto.

"I know a lot of African-American women that

she lets impoverished children ride her four horses for free. She and her sister also knit hats for U.S. military soldiers to wear under their helmets and for chemotherapy patients.

► **Grier battled cervical cancer** at age 39 and the battle forced her to take a break from acting. It sent her on a life-long journey for alternative and holistic therapies, including Chinese medicine and herbs. Now, she's physically, spiritually and mentally a different person who's found her yin and yang, she said.

Memoir

Grier runs down her life story in her 2010 memoir, **Foxy: My Life in Three Acts**, which she says is now being adapted for the big screen.

► **The book** dishes on everything from the men she's dated — including Kareem Abdul-Jabbar, Freddie Prinze Sr. and Richard Pryor — to her job as a receptionist at the American International Pictures Company.

► **These days**, Grier lives on a farm in Colorado, where



► Pam Grier

"It was just basically a moniker that described a black action film."

PAM GRIER, ON HER STATUS AS AN ICON OF BLAXPLOITATION FILMS

didn't want to see *The Help* because they had lived it as little girls.... It brought back horrible memories and they couldn't see it, nor will they read the book."

Grier, of course, has helped blaze a trail for

African-American women in Hollywood by portraying a slew of fearless female characters, from the voluptuous villain hunter in *Foxy Brown*, to the private detective in *Sheba, Baby*, to the vigilante in *Coffy*. In 1998, she was nominated for the best-actress Golden Globe for playing a fierce flight attendant in *Jackie Brown* — a role Quentin Tarantino wrote with Grier in mind. Though she's often re-

ferred to as an icon of the '70s classic blaxploitation films, Grier isn't comfortable with the title.

"There were several films done before me by male actors — Fred Williamson, Jim Brown, Isaac Hayes — a lot of black, male-lead films. But when I stepped into the role, now it's 'exploitation,'" she said.

Grier began her empowering career path on the big screen after a lifetime

of abuse, she said, noting she was raped twice — first at age six and again at age 18. She said she was also the victim of an attempted rape at age 21.

That's when B-movie honcho Roger Corman cast Grier in the female prison flick *The Big Doll House*. "And so that's how I was really transformed and started bringing my strength to the screen, and I just said, 'I've got to fight back,'" said Grier. **THE CANADIAN PRESS**

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Greenwood heads way up The River

► Canadian actor stars as famed explorer in paranormal adventure series ► Kicks off with two-hour premiere Feb. 7 on ABC and CTV

Bruce Greenwood has boldly gone into outer space as Capt. Christopher Pike in *Star Trek*. He's gone into the past, portraying John F. Kennedy in *Thirteen Days* and Bob Dylan in *I'm Not Here*.

Now, he finds himself way, way up *The River*.

In the new paranormal adventure series — executive produced by Steven Spielberg — Greenwood, from Quebec, plays Dr. Emmet Cole, a famed explorer with a Crocodile Hunter-like TV following. Cole went looking for magic deep in the uncharted Amazon jungle and never returned.

Six months after he disappeared, his emergency

beacon goes off, sparking a rescue mission led by his wife Tess (played by another Canadian, Leslie Hope), grown son Lincoln (Joe Anderson) and ex-producer Clark (Paul Blackthorne). In order to fund the search efforts, the family reluctantly agrees to let Clark film the mission documentary-style.

Greenwood is glimpsed in the pilot during flashbacks and bursts of video transmitted from the field before his character's disappearance. He is full-time on the series, however, suggesting that the family does, in fact, reunite.

The original idea, says executive producer Oren Peli (*Paranormal Activity*), was to shoot *The River* as a



► Cast members of *The River*, including Bruce Greenwood (far left).

feature film. "It was just going to be about a missing documentary crew that had gone missing in the rainforest," says Peli.

He had set the project aside when he had a meeting with Spielberg, "and he

told me, 'Hey, we should do a TV show together,' and I'm thinking, 'OK. Sure. Whatever you say.'"

The role presented a challenge for Greenwood: Much of the *Paranormal Activity*-like action scenes

are shot with small digital cameras the actors themselves operate.

"Everything in the pilot, that's me holding the camera," says Greenwood.

"It's a little bit more juggling than you're used

to as an actor but once you get the rhythm down you get the hang of it."

He says his big concern was not letting the real film crew down. "Also, I didn't want to be shooting up my nose." **THE CANADIAN PRESS**

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Johnson tackles franchises



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With *Journey 2: the Mysterious Island*, Dwayne Johnson steps into a franchise already in progress — something he's making a habit of after last year's *Fast Five* and this summer's *G.I. Joe: Retribution*. And it's a habit the former wrestler is more than happy with, as it's earned him quite a unique nickname.

Once again, you're coming into a franchise that's already up and running. Is this part of a particular career plan?

No, it was never a career decision to join franchises. What was a very concerted decision was to come into a film and elevate it.

And I've got to tell you, this is where I've been fortunate because the franchises that I have been involved with — *G.I. Joe*, *Fast Five* and now *Journey* — had a built-in audience, built-in success, gave me the opportunity to create a character that no one had seen ... create a character from scratch, essentially, to come in and elevate.



And come in and kick ass. And I like that.

A studio executive the other day said, "You are the most legitimate Franchise *Viagra* in Hollywood I've ever seen."

It seems like you understand the business of Hollywood a lot better than other actors.

I think, honestly, I'm going to give a lot of credit to the business I grew up in, and that was the business of professional wrestling.

While it may not be everyone's cup of tea — understandably so — in its rawest essence, wrestling is about entertaining the audiences without ego.... So I think in that spirit, that's allowed me to go from being the *Tooth Fairy*

to a hunter of men.

Did you get a chance to talk to Brendan Frasier before taking on the role?

Good question, but no, we never had any dialogue.... The studio came to me and they were clear in their vision for the movie in terms of "we want to reboot this franchise and we want you to star in it."

There was a lot of work that had to be done because, you know, Brendan has a certain style that works for him — and audiences love that, by the way. And the success of the first movie proved that.

But I have a much different style from Brendan, so it required some work from the ground up.

Radcliffe says he'll steer clear of Butterbeers

► 22-year-old Daniel Radcliffe has already decided to give up drinking
► Says breaking point came while working on the last Harry Potter films

Now that he's done being Harry Potter, Daniel Radcliffe is coming clean about wizarding under the influence.

"I can honestly say I never drank at work on Harry Potter. I went into work still drunk, but I never drank at work. I can point to many scenes where I'm just gone. Dead behind the eyes," Radcliffe says in an interview with Heat magazine.

"I have a very addictive personality. It was a problem. People with problems like that are very adept at hiding it. It was bad. I don't want to go into details, but I drank a lot and it was daily — I mean nightly."

We're happy to hear that Radcliffe, wise young man that he is, has since sobered up — allowing us to devise Harry Potter drinking games with a clear conscience.

Our personal golden snitch: A shot of him getting queasy on a broomstick and/or slurring his



► Daniel Radcliffe says he has a "very addictive personality."

way through Parseltongue.

MONICA WEYMOUTH/DOROTHY

David Beckham 'pretty OK'

After comedian James Cordeiro suggested that David Beckham had a little assistance with his H&M underwear campaign ads, the soccer star is responding.

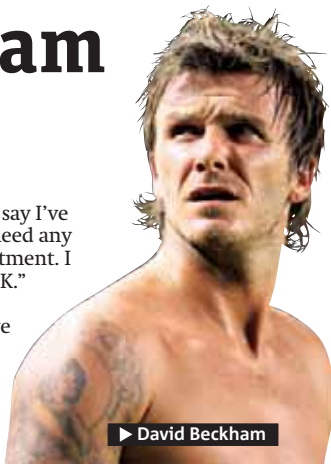
"I've never, ever padded out my pants, or shoved socks down there. I've never had to for any of the photo shoots I've done because, hopefully, I don't need to," Beckham tells

the Daily Mirror.

"Well, let's just say I've been told I don't need any help in that department. I think I'm pretty OK."

We did a little research — we owe you one, Internet! — and we're very enthusiastically siding with Becks on this one.

MONICA WEYMOUTH



► David Beckham

Celebrity tweets



My driver's name is Sayid which reminds me, I miss Lost.
#Penny&DesmondForever
#Nerd



@ElizabethBanks



@jessicaalba

having a sick baby is the WORST thing in the world....

@ActuallyNPH

Having a relaxing day with the fam and friends. Making pizzas in the pizza oven. Wine. Swimming. LA is odd when winter feels like summer.

@SethMacFarlane



Coming soon: a Broadway musical where everyone just sings Ace of Base songs! 'Cause that counts as a Broadway musical now!



► Jennifer Farley (JWoww), left, and Nicole Polizzi (Snooki)

You can take the girl out of Jersey ...

Hoboken may have denied Snooki and JWoww a filming permit, but that's not going to stop the Jersey Shore ladies from filming their new spinoff in the Garden State.

Undeterred, they're

working "round the clock" to find a new location, reports TMZ.

New Jersey, you really need to embrace these kids — no one else has ever escaped and even considered returning.

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More info can be found at cra.gc.ca/fitness.
NEWS CANADA



Colorado lawmakers delay considering tough restrictions on trans fats at schools.



► One boy from the '80s adventure flick *The Goonies* was openly made fun of because of his weight, and even had the nickname Chunk.

Is it OK to call a fat kid fat?

► Maybe, if it prevents obesity later, says our Mommyish writer

A new study refutes the link between childhood obesity and junk food in schools. The epidemic, it says, is rooted closer to home than we thought. And with one in three kids overweight or obese (in the U.S., at least), it can't just be blamed on a few negligent parents. Well-meaning moms and dads are part of the problem, too.

That's because, in an attempt to bolster their kids

self-esteem by avoiding fat-talk, many have become too afraid to speak plainly and frankly about what is and isn't a healthy body weight.

But putting blinders on isn't going to make the problem go away — or make kids feel any better.

Dr. David Katz of the MindStream Academy in South Carolina, a health and wellness boarding school, has an opinion shared by many: "Never

send your kids the message that they need to lose weight, get thinner, drop pounds, look better, etc.," he said. "If you do, they'll still develop unhealthy attitudes even if you never so much as utter the d-word. Instead, always frame your message

in terms of your kids feeling better about themselves, having more energy, becoming healthier and happier. These are sustainable goals that won't damage your child's self-esteem."

As someone who was overweight as a kid (I even

wrote about how I wished my parents had put me on a diet when I was young), I can attest to the fact that if my parents hadn't been afraid of hurting my feelings and talked to me honestly about weight loss, I'm fairly sure I would have been better off. Their frankness about my health would have been a lot easier to bear than the teasing of kids and the angry voices in my own head about my body.

That's the tricky part: Kids may not tell you that they feel terrible about their body because they're overweight. But the truth

is that few overweight or obese kids are unaware that they're bigger than their peers.

Here's a stat worth remembering: 75 per cent of parents ignore or don't realize that their overweight kids are getting made fun of, and feel bad about themselves, according to Strong4Life, an anti-obesity organization.

I assure you, being the fat kid in class is worse than your mother telling you that fruit is a better snack choice than chips.

CONTRIBUTED BY HANNA BROOKS OLSEN, OF BLISSTREE.COM AND MOMMYISH.COM

Family-style meals

► Communal dining brings people closer — literally

Sitting shoulder-to-shoulder while passing food-filled platters around the table is a familiar scene. But many are embracing this intimate dining experience outside of the home — and not just with friends and family.

On a recent weeknight at Toronto's Drake Hotel, 14 diners sat cosily at a long wooden table, arms

and hands extending and criss-crossing to share and exchange delectables on gleaming dishes.

The event was organized by The Social Feed, which partners with independent restaurants and local hotspots to offer a unique take on the dinner party. Guests shell out in advance for a fixed-price menu and indulge in food and drink

while seated at a communal table with others looking to share in a meal — and, it's hoped, a little social interaction.

Events are targeted at 22- to 34-year-olds who may be seeking an affordable alternative to their usual dining experience, said co-founder Reggie Milligan.

"Somebody that doesn't need to know a lot about



► The Social Feed dinner at Toronto's Drake Hotel

the food culture in their city ... they can kind of jump in and the table roams from different spot to different spot within the city," he said.

Now with the concept in

place in Vancouver and Toronto, Milligan said the next logical step for expansion would be Montreal and, it's hoped, a major food market in the U.S.

THE CANADIAN PRESS

A new start for 'smart'?

► What's more valuable than a good education in this day and age? ► Emotional intelligence, say certain experts

MICHAEL FREIDSON
LIFE@METRONWS.CA
METRO WORLD NEWS

The world is getting dumber. Or at least, it feels that way. A person can get through the day — even succeed, and thrive — with less deep thought than ever before.

Texting software auto-corrects misspellings, so we don't have to learn real words. The Internet has democratized information. And overall, we simply have lower standards and, in these tough times, want escape: Transformers: Dark of the Moon earned more than \$1 billion worldwide.

You know this already. You're probably zoning out right now.

But it got us wondering about our children. What will it take for them to succeed in such a world?

Will they need to be "smart," we wondered, or just savvy, which is something different? Will "smart" — which was formerly measured by the number of classic books you'd read, or your proclivity for adding numbers — need to be redefined?

Kids, meet the real world

Sue Palmer, a former headteacher and author of *Toxic Childhood*, a book about how the mod-



► The kids on *The Wire* had no chance, stuck in a school system devoted solely to high test scores.

ern world affects (and infects) kids today, has considered the question, and finds the answer in kids' relationships to technology and themselves.

"We've got to start defining 'human' before anything else," she says. "We might call a child 'smart' if they can recognize the difference between the real world and the online world. And that requires having a concept of reality, which develops in childhood and that requires interacting with real people and real things."

"The smart kid is the one who can take control of the technology rather than have the culture controlling them."

SUE PALMER,
AUTHOR OF *TOXIC CHILDHOOD*

"The smart kid," she summarizes, "is the one who can take control of the technology rather than have the culture controlling him."

For that to happen, a

child must consider himself an individual, albeit one of a larger society. That's tough when "they also follow the latest trends without looking at themselves," says Palmer. "We're social, but it's back to Socrates: 'The unexamined life is not worth living.'"

Dr. Dan Siegel agrees. His new book, *The Whole-Brain Child*, about fostering emotional intelligence in children, is already a bestseller in the United States. A neuropsychiatrist, he developed something called

The Wheel of Awareness, a meditative tool focused around your perceptions. Although too advanced for five year olds, the tool — or one like it — could empower the next generation, he hopes.

About that generation, Siegel feels "realistically optimistic, if people can develop 'time-in' practices on a regular basis. There was a time when people would lose their teeth when they got to middle age, but once we learned to brush our teeth on a daily basis, we learned to keep our teeth

for life. In the same way, if 'time-in' or reflective practices, were adopted on a daily basis, the outcome would be very positive for people, helping them to deal with this troubled world that we've given them."

But what about, you know, books?

Emotional awareness is clearly important, and maybe the "smart" of the future. But surely school matters, too. Although *Moby-Dick* may have no real-world application, reading it helps you develop ideas and think creatively.

Oddly, these days, at least in the U.S., schools are mandated to focus less on thought and more on test scores, to the detriment of actual learning, as anyone who's seen *The Wire* season four can attest.

"Overall, the schools have been antipathetic," says Palmer, who, we remind you, is a former headteacher.

Dr. Jane Foley, the senior vice-president of the Milken Educator Awards, says the definition of "smart" is constantly changing. But all three experts agree on one thing: "I do recommend learning to read," says Palmer with a laugh. "You can get better ideas than through pictures."

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Going to school makes cents

► Planning on pursuing a post-secondary education? ► Here's how to start budgeting for your future

Are you thinking about going to college or university? In today's job market, having a post-secondary education will take you further in your career.

According to Statistics Canada, a college graduate earns \$7,200 more per year on average, compared to a high school graduate.

For university graduates the number is even higher, bringing in an extra \$23,000 per year.

Patricia White, executive director of Credit Counselling Canada, offers some helpful money managing tips for students.



► Getting a degree or diploma comes with a price tag, but don't despair. This investment is likely to pay off in the long run.

Invest in your education

Borrowing money to pay for school is an investment in your future, an investment that will pay off. A good education will lead to a better job and, most likely, a higher

salary.

Consider a government loan

Unlike a bank loan, government loans come with a few cost-saving perks. For example, if you have a Canada Student

Loan, interest doesn't accumulate while you're in school and payments aren't required until six months after you graduate. That rule applies to full- and part-time loans. You can also claim a tax credit for the interest on

your loan.

If you have difficulty making ends meet after graduation, you can apply for the Repayment Assistance Plan, which allows you to make monthly loan payments that fit your budget.

Set your budget

Many students tend to run out of money near the end of the semester and end up borrowing on a credit card or credit line; these often come with high interest rates. Planning your spending carefully can help you avoid the credit crunch and save money.

Count the little things

Besides the basics of tuition, accommodation and books, remember to include all your possible expenses when setting your budget. Things like clothing, gifts, restaurant meals, laundry, a cell phone and transportation can certainly add up. Don't forget to set aside some emergency money too. After all, life is unpredictable.

Get a head start

Once you graduate, start repaying your student loan as soon as possible. The sooner you make payments, the less you'll owe. And the less you owe, the less interest you'll have to pay. Paying it back sooner will save you money down the road.

NEWS CANADA

Degree = dollars

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Cutting edge in the classroom

► Author Milton Chen explores modern innovations that are shaking up the education system



For more than a decade, Milton Chen was the executive director of the George Lucas Educational Foundation. The foundation's flagship website, Edutopia.org,

represents Lucas' vision for classrooms of the future.

Chen's new book, Education Nation: Six Leading Edges of Innovation in Our Schools, highlights the technologies and theories Chen views as transformative possibilities for a better, more equitable

education system in the U.S.

"In every urban district in every state there are these severe inequalities. That is historic. It's based on the way in which schools are funded, and the ability of suburban schools to build a much greater eco-

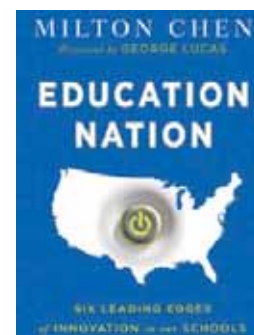
nomie base," says Chen. "But I think part of the hope for this new age of learning is that technologies can help reduce those inequalities."

Before taking the lead at GLEF, Chen was a pioneer in educational television, working as a research spe-

cialist for Sesame Street.

He compares much of the current backlash against new classroom technologies to the debate over educational television he witnessed in the '70s and '80s.

"Sesame Street changed our view of how early kids



can learn. Suddenly, kids were coming to school already knowing their letters and numbers."



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Remember one month ago when you were going to get in shape, eat better and quit smoking in 2012? Unfortunately, work becomes a place of limbo for these goals.

Fitness guru Mark Allen, co-author of *Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You*, stresses the importance of setting realistic goals for your schedule — and then taking time to reflect on those goals throughout the work day.

"Sometimes the reason we get discouraged is because we allow our mood to influence our actions," he says.

"Maybe you've had a bad day and tell yourself it's pointless to work out, or you convince yourself it's too hard. Instead, set aside a quiet time to re-



► Is your willpower frequently broken by the appearance of desktop delicacies? Share your health goals with your co-workers so that you can motivate and keep an eye on one another.

fect on your goals."

If the constant barrage of sugary snacks in the break room is beating down your diet willpower,

Allen suggests you get back on track by writing yourself a contract that

you can stick to.

Keep it simple, clear and attainable, such as: "By my June 1 doctor's appointment, I aim to have lowered my cholesterol by 10 points and lost 10 pounds."

The buddy exercise system can be valuable in the office, not just at the gym. Jill Spiegel, author of *How to Talk to Anyone About Anything!* The Secrets to Connecting, believes in finding a "walk partner" at work.

"Next time you're chatting in the break room or talking in the lobby, positively share your [health] goals with your co-workers," says Spiegel. "Energy is contagious."

Work weight

What's holding you back? In a survey by CareerBuilder, the majority of workers identified being stationary at a desk as the main culprit. But that wasn't the only problem:

- Sitting at a desk: 36 per cent
- Eating out: 16 per cent
- Skipping meals: 13 per cent
- Workplace parties: 12 per cent

Looking to get a little exercise at the office? Laurie Kendall-Ellis, executive director of the American Physical Therapy Association, gave us these tips for boosting energy at work.

1. Park the car farther away. Alternate swinging your arms as you walk at a brisk pace. This will increase your heart rate and the value of the walk.
2. While at your desk, squeeze your shoulder blades back and down while taking a deep breath in. Look straight ahead as you do this. It's a chance to move out of the head-down posture that so many of us assume with texting and computer work.

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Canine made a career out of kindness

► How a playful puppy found his calling in caring for others and taught humans a lesson in unconditional love

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.CA

When Charmaine Hammond and her husband, Chris, adopted Toby, a five-year-old retriever, they had no idea they had acquired a four-legged demolition dog

with separation issues.

After their home was repeatedly ripped apart it was determined that Toby needed a job. Charmaine enrolled him in pet therapy

training and it became a turning point for Toby as he began ministering love and companionship to people with mental illnesses. Toby had found his purpose.

For five years Toby faithfully looked after Charmaine and Chris, ministered to his patients and visited 10,000 school children to promote literacy and kindness. Charmaine wrote a book about her adventures with Toby and it's currently in development in Hollywood to be turned into a movie.



► Charmaine Hammond with her award-winning pet therapy dog, Toby.

Last December, Toby passed away peacefully, but in his memory Charmaine is launching a new initia-

tive to coincide with February Random Acts of Kindness month.

"Toby impacted people around the world and his mission is so important that we must continue it."

Toby's Global Kindness Mission will launch on February 14th — the day of love.

How fitting for a determined dog that left an indelible paw print on so many hearts.

Lessons I learned from Toby

Charmaine Hammond shares her thoughts on a dynamic dog

- **Hope.** In the most difficult of days hope carries you through.
- **Unconditional acceptance.** He never judged, and always accepted people for who they were.

To find out more about Toby's Global Kindness Mission, go to ontobysterns.com.

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The case of the cover letter

► Should it be friendly or formal, long or short? ► We ask an expert

BRUCE WALSH
LIFE@METRONWS.CA
MWN IN PHILADELPHIA

The cover email — rather than cover letter — inspires fierce disagreements between career experts.

Depending on the field, striking the right tone can be a philosophical quandary. How formal should this piece of writing be? Should the tone be closer to the cover letters of yore — or is a friendlier, casual spirit inherent to online communication?

Pamela Skillings teaches a writing workshop for the American Management Association: Seven Critical Web Writing Mistakes and How to Avoid Them. She founded Skillful Communications in 2005, a New York-based company specializing in job interview coaching.



How can applicants use the subject line to their advantage?

It's an opportunity to cut through the clutter. Inserting a key word from the job description is a good strategy. You can also separate yourself from the crowd by inserting a targeted phrase about

your skills.

Is there a way to make your email more visually appealing?

Yes. Don't write big block paragraphs. People can't read big blocks of text on their screen. Use white space. Each idea should have its own paragraph.

When replying to Craigslist, Monster and other sites, how do you know if your emailed applications are effective?

It's really difficult to judge that based on responses from employers. When it comes to sites like that, employers are getting so many responses. It may not be a reflection of your writing style. More likely, it's a reflection of the deluge they're receiving.

The better way to know if your writing is effective is to get some feedback from someone you know and respect.

A question to ask is, "if you didn't know me, and you received this, what would you think?" Most people don't even proof-read, let alone ask for feedback, so that can make your email stand out.

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Dip into the water

► Dried mushrooms offer a woodsy flavour to fish, and brown butter sauce gives this dish a nice finish

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EMILY RICHARDS
FOOD@METRONEWS.CA



Fish Prep:

- 1** In clean coffee grinder, grind mushrooms until fine powder. Place in small bowl and add finely chopped coriander; set aside.
- 2** Coat each piece of fish with mushroom mixture and place in baking dish.
- 3** Sprinkle fish with salt. In skillet, melt 2 tbsp (25 mL) of butter over medium-high heat until just starting to brown. Add fish, skin side down, if any, and cook 3 mins. Transfer to parchment paper lined baking sheet and roast in 425°F (220°C) oven for 10 mins. or until fish is opaque and flakes easily.
- 4** Return skillet to medium high heat with remaining butter and melt, until foamy. Drizzle over fish.

Spinach Skillet Side Preparation:

- 1** In skillet, heat oil over medium heat and cook garlic and minced ginger, stirring 2 mins. or until softened.
- 2** Add spinach and cook, stirring for about 5 minutes or until spinach is wilted. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND**

Ingredients:

- Fish**
- 1 pkg (14 g) dried wild mushrooms, such as porcini
 - 1 tbsp (15 mL) coriander
 - 1 ½ lbs (750 g) fresh fish fillets such as cod or trout
 - 1/2 tsp (2 mL) kosher salt
 - 3 tbsp (45 mL) butter
- Spinach**
- 1 tbsp (15 mL) canola oil
 - 2 cloves garlic, minced
 - 1 tbsp (15 mL) ginger
 - 1 bag (8 oz/227 g) spinach

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► This recipe makes four servings.

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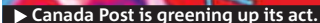
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GETTING BACK TO HEALTH BASICS

EXERCISE, SLOW DOWN, LIVE WELL

Dr. Beth Abramson is blunt about the numbers. “Heart disease and stroke take one in three Canadians before their time,” says the cardiologist at Toronto’s St. Michael’s Hospital and spokesperson for the Ottawa-based Heart and Stroke Foundation of Canada.

“It’s the No. 1 killer of women in Canada, taking more female lives than all forms of cancer combined.”

In 2008, for example, the latest year

in which numbers are available, Statistics Canada reported that cardiovascular disease was responsible for 69,648 deaths — 29 per cent of Canada’s deaths in total. It also accounted for 29.7 per cent of female deaths. In total, the foundation estimates there are approximately 70,000 heart attacks annually in Canada.

Yet, some people are still unsure as to what heart disease entails — it’s actually a group of conditions seriously affecting the heart.

“Heart disease is broad ranging (in its definition), but the concerning and preventable form of heart disease we usual-

ly deal with are heart-attack-related problems,” notes Abramson.

For example, when heart arteries are blocked, you have a heart attack with a lack of blood flow to the heart. If arteries that supply blood to the brain break off, then you have a stroke. But much of heart disease and stroke is preventable.

“Because risk factors for developing heart disease and stroke include high blood pressure, high cholesterol, diabetes, smoking and a family history of early heart disease, and, indirectly, being overweight and out of shape.”

Canadians seem to be getting the

message as to how to prevent heart disease — in the past 10 years, the rate of heart disease and stroke has dropped by 25 per cent notes the foundation.

And while there are several prevention strategies for keeping heart disease at bay, Abramson thinks slowing down is one way to start.

“We’re leading very fast-paced lives. But we need to make sure we’re exercising our bodies and being more active,” she says. “We have a lot of pressures and sometimes it’s going back to basics — slow down a little, eat properly and live well.”

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- Financial assistance may be available for those who qualify
- Programs and Schedules Vary by Campus

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TIPS TO CUT THE RISK

START THESE CHANGES NOW TO PREVENT DAMAGE DOWN THE ROAD

How can you cut your risk of heart attack or stroke?

Here are five things you can do today to boost the health of your ticker.

1 GET A MOVE ON No need to start training for a marathon. If you are not active, start by incorporating more activity into your life. Think walking more or taking the stairs at work — you can even get your activity in 10-minute chunks, aiming to reach about 150 minutes per week in total. “I tell my patients that when they’re active they should be sweaty and short of breath,” says Dr. Beth Abramson, a cardiologist at St. Michael’s Hospital in Toronto and spokesperson for the Ottawa-based Heart and Stroke Foundation of Canada.

2 CUT YOUR SALT Sodium is buried in all kinds of foods we eat that we don’t associate with salt — think ketchup or peanut butter. Start by putting down the

shaker to lower your added salt intake.

3 COOK FROM SCRATCH As much as you can in our time-pressed schedules. Cooking and baking at home lets you control the ingredients, such as added salt and trans fats, which raise your low density lipoprotein (LDL) cholesterol levels, a.k.a. the unhealthy cholesterol.

4 WATCH YOUR STRESS “And it’s not stress that’s the risk for heart disease, but it’s how we deal with the stress,” says Abramson. Are you eating away your stress? Drinking too much alcohol to cope? Look for healthy outlets to the pressures in your life.

5 QUIT SMOKING Did you know that within two days of quitting you have already cut your chances of having a heart attack? Or that, according to the Heart and Stroke Foundation of Canada, within a year of quitting, you have cut your risk of developing heart disease or stroke by half?

The good news? Start these changes now and you can prevent damage down the road. “I have seen — and you can see — changes in your risk for heart disease and stroke by making lifestyle changes.”

CHECK OUT THESE HEARTY CHOICES

HEALTH CHECK HELPS CANADIANS WITH FOOD INFO

Leading a healthier lifestyle can be a challenge in a busy world of full schedules, limited time, and quick convenience foods. Health Check is one way the Heart and Stroke Foundation helps Canadians eat well through education and by identifying healthy

food choices with the familiar white check mark in a red circle.

"We are keeping step with what Canadians are doing and eating and helping them adjust their lifestyle one healthy recipe, tip or check mark at a time," says Carol Dombrow, Heart and Stroke Foundation registered dietitian.

The Health Check symbol lets Canadians know that a food or menu item



has met the nutritional criteria set by the foundation's registered dietitians, based on the recommendations in Canada's Food Guide.

Quick facts about the program

- The criteria are based on recommendations in Canada's

Food Guide.

- The criteria include nutrients we want Canadians to eat more of, such as fibre and vitamins, as well as those they

should limit such as fat, especially saturated and trans, and sodium.

- Health Check criteria continue to evolve.

- Health Check is a voluntary program, run on a cost-recovery basis.

For more information about the program and helpful resources, tools and recipes, visit healthcheck.org.

Healthy recipes are available with the recipe helper app at heartandstroke.ca/mobileapps.

— News Canada

METRO CUSTOM PUBLISHING



NEWS CANADA PHOTO

TAKE CARE OF YOUR HEART

While we spend Feb. 14 trying to win hearts, be sure to take care of your own the rest of the month during Heart Health Awareness Month.

For decades, heart disease was considered a man's disease, when, in fact, researchers say, heart disease is the No. 1 killer of both men and women resulting, in approximately 500,000 deaths annually.

While it's commonly known that heart attacks cause chest pain, there are also other symptoms and signals, including:

- Pain that radiates to the jaw, shoulder or arm;
- Nausea;
- Vomiting;
- Intense sweating.

Helping to prevent or slow the progression of heart disease depends on the patient's unique needs, specialists say. Dr. Sharonne Hayes at the Women's Heart Clinic at Mayo Clinic, suggests that people should aim for the following:

- Blood pressure reading of less than 120/80 millimetres of mercury;
- Lipid level below 200 milligrams of total cholesterol per decilitre;
- Body mass index between 18.5 and 24.9 (pounds per inches squared).

More health-related information is available online at mayoclinic.org/canada.

— News Canada

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INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

**PROGRAM
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CardioPrevent

The CardioPrevent Program aims to lower the risk of coronary heart disease (CHD) in individuals who are at increased risk but do not yet have established disease.

Using a personalized, motivational, and confidential approach, one of our heart health specialists will guide you through the steps of making lifestyle changes.

What is included?

- Evaluation of your risk factors including questionnaire, blood work, blood pressure, weight/height and waist circumference;
- Personalized program including goal setting and personal heart healthy plan;
- Education on heart disease risk factors and ways to reduce your risk;
- Continuous follow-up for 3 month by phone to support you in achieving your goals;
- Follow-up evaluation scheduled at 3 and 12 months;
- Regular progress report to your physician detailing your lifestyle improvements.

To be eligible for the CardioPrevent program, you need to:

- Be a resident of Eastern Ontario;
- Be referred by a health care professional;
- Have one or more risk factors for heart disease.

For further information, please call us or visit our website:

Prevention and Wellness Centre
613.761.4753 • pwc@ottawaheart.ca
www.ottawaheart.ca/pwc



www.ottawaheart.ca/pwc

Are you at risk?

If you check one or more of the following risk factors, you are at increased risk of developing heart disease.

- | | |
|---------------------------------|--------------------------|
| Family history of heart disease | <input type="checkbox"/> |
| High blood pressure | <input type="checkbox"/> |
| Diabetes | <input type="checkbox"/> |
| High cholesterol | <input type="checkbox"/> |
| Smoking | <input type="checkbox"/> |
| Obesity / overweight | <input type="checkbox"/> |
| Physical inactivity | <input type="checkbox"/> |

Let us help you:

- Become more active;
- Improve your blood pressure;
- Quit smoking;
- Manage your stress;
- Maintain a healthy weight;
- Better control your diabetes;
- Be in a better shape.



4
sports

Quoted



"I think I'm pretty much booed at every arena, wouldn't you say? Even before anything happened?"

BOSTON GOALIE TIM THOMAS, WHO WAS BOOED BEFORE THE BRUINS' 4-1 WIN OVER THE CAPITALS IN WASHINGTON ON SUNDAY. THOMAS MADE 35 SAVES PLAYING ABOUT 10 BLOCKS FROM THE WHITE HOUSE, A PLACE HE FAMOUSLY AVOIDED WHEN THE REIGNING STANLEY CUP CHAMPIONS WERE HONoured BY PRESIDENT BARACK OBAMA ON JAN. 23.

Eli drives Giants to greatness

► New York wins Super Bowl on last-minute touchdown from Bradshaw ► Patriots come up short in the big game vs. Giants for second time in four years ► Manning named game MVP



Eli Manning and the Giants one-upped Tom Brady and the Patriots again, coming back with a last-minute touchdown to beat New England 21-17 Sunday night for New York's fourth Super Bowl title.

It was a rematch of the 2008 NFL championship, when Manning led New York past New England to ruin the Patriots' bid for a perfect season.

This was the first Super Bowl with two starting quarterbacks who previously won the big game's MVP award — and they took turns being brilliant. Manning became the first QB to open a Super Bowl with nine consecutive completions. Later, Brady put together a run of 16 completions in a row, breaking another Super Bowl mark.

But in the end, it was Manning — who was selected as the MVP — who directed the nine-play, 88-yard drive that put New York ahead.



► The New York Giants celebrate in front of New England Patriots QB Tom Brady after winning the Super Bowl in Indianapolis on Sunday night

Ahmad Bradshaw capped the winning drive with a six-yard run up the middle. He stopped at the one-yard line, turned around and showboated his way into the end zone.

Less than a minute later it came down to one last play, when Brady's long heave into the end zone fell incomplete among a maze of players.

New England had the ball for all of one play in the

first 11 ½ minutes, and that play was an utter failure, a rare poor decision by Brady. After Steve Weatherford's punt was downed at the New England six, Brady dropped to pass in the end zone and had time. With everyone covered and Giants defensive end Justin Tuck finally coming free to provide pressure, Brady heaved the ball downfield while still in the pocket.

Only problem: No Patri-

ots receivers were anywhere near the pass. The Giants were awarded a safety for Brady's grounding in the end zone.

Manning, meanwhile, couldn't have been more on target early, hitting six receivers in the first period, completing his first nine throws, a Super Bowl record. He also was aided by Bradshaw, who hardly looked like a running back with a bad foot. Bradshaw

broke a 24-yard run, and New England made another critical mistake by having 12 men on the field on a third-and-3 on which the Giants fumbled.

Instead, New York got a first down at the six, and two plays later Victor Cruz beat James Ihedigbo on a slant to make it 9-0.

Manning's first incompletion didn't come until 1:19 into the second quarter. **THE ASSOCIATED PRESS**

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	50	33	12	1	4	141	102	71	16-2-0-2	17-7-1-2	6-3-0-1	W2
d-Boston	51	33	16	1	1	180	111	68	17-9-1-1	16-7-0-0	5-4-1-0	W1
d-Florida	51	24	16	5	6	131	145	59	13-5-1-6	11-11-4-0	3-4-1-2	L2
Philadelphia	52	30	16	2	4	173	156	66	12-8-1-3	18-8-1-1	5-3-0-2	L1
Pittsburgh	53	30	19	2	2	161	138	64	15-7-2-0	15-12-0-2	8-2-0-0	L1
New Jersey	52	30	19	1	2	149	148	63	15-9-0-2	15-10-1-0	6-3-0-1	W4
Ottawa	55	27	21	5	2	161	171	61	14-10-1-1	13-11-4-1	3-6-1-0	L6
Toronto	52	27	19	3	3	161	152	60	15-8-2-2	12-11-1-1	5-4-0-1	W2
Washington	52	27	21	2	3	145	149	58	18-7-0-1	9-14-2-1	4-4-2-0	L1
Winnipeg	54	24	24	3	3	129	150	54	15-8-0-2	9-16-3-1	4-5-0-1	L2
Tampa Bay	51	23	23	2	3	147	173	51	15-7-1-1	8-16-1-2	6-2-1-1	W1
NY Islanders	51	21	22	5	3	125	150	50	11-12-4-0	10-11-1-2	6-2-1-1	L1
Buffalo	52	22	24	3	3	126	154	50	11-9-3-3	11-15-0-0	4-5-0-1	W1
Montreal	53	20	24	2	7	137	145	49	10-11-2-5	10-13-0-2	4-4-0-2	W1
Carolina	54	20	25	5	4	137	165	49	14-12-0-3	6-13-5-1	6-2-1-1	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	53	35	16	1	1	171	126	72	20-2-0-0	15-14-0-1	9-0-0-1	L1
d-Vancouver	52	32	15	0	5	167	130	69	15-6-0-4	17-9-0-1	6-2-0-2	W1
d-San Jose	50	29	15	3	3	145	117	64	17-9-2-0	12-7-1-3	5-4-0-1	L1
Nashville	53	32	17	3	1	149	136	67	17-7-2-1	15-10-1-0	8-2-0-0	W1
St. Louis	51	30	14	1	6	126	105	67	22-3-1-3	8-11-0-3	6-2-1-1	L2
Chicago	53	29	17	4	3	169	158	65	19-6-1-3	10-11-3-0	4-4-2-0	L5
Los Angeles	53	25	18	4	6	115	116	60	15-11-0-4	10-7-4-2	3-4-1-2	L2
Minnesota	52	25	19	2	7	121	133	58	13-7-1-2	12-12-1-4	4-4-0-2	L1
Dallas	51	27	22	0	2	136	144	56	15-9-0-2	12-13-0-0	4-5-0-1	W1
Colorado	54	26	25	2	1	135	151	55	14-13-0-1	12-12-2-0	3-5-1-1	L5
Calgary	52	24	22	3	3	124	141	54	14-8-1-1	10-14-2-2	6-3-0-1	W1
Phoenix	52	23	21	3	5	136	141	54	11-10-2-2	12-11-1-3	3-5-0-2	W1
Edmonton	51	21	26	1	4	138	152	47	15-8-1-2	6-18-4-2	5-4-0-1	W3
Anaheim	51	19	24	4	4	132	154	46	13-13-0-1	6-11-2-4	6-2-2-0	L2
Columbus	52	14	32	1	5	120	174	34	8-13-1-2	6-19-0-3	3-6-0-1	W1

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Montreal 3 Washington 0
Boston 4 Washington 1
New Jersey 5 Pittsburgh 2
N.Y. Rangers 5 Philadelphia 2
Saturday's results
Edmonton 5 Detroit 4 (SO)
Toronto 5 Ottawa 0
Vancouver 3 Colorado 2 (SO)
Washington 3 Montreal 0
Buffalo 4 N.Y. Islanders 3 (SO)
Carolina 2 Los Angeles 1
Dallas 2 Minnesota 1 (SO)
Nashville 3 St. Louis 1
New Jersey 6 Philadelphia 4
Phoenix 5 San Jose 3
Pittsburgh 2 Boston 1
Tampa Bay 6 Florida 3

Tonight's games

All Times Eastern
Edmonton at Toronto, 7 p.m.
Detroit at Phoenix, 8 p.m.
Calgary at Anaheim, 10 p.m.
Tomorrow's games
New Jersey at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Florida at Washington, 7 p.m.
Minnesota at Columbus, 7 p.m.
Pittsburgh at Montreal, 7:30 p.m.
St. Louis at Ottawa, 7:30 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Toronto at Winnipeg, 8:30 p.m.
Phoenix at Dallas, 8:30 p.m.
Chicago at Colorado, 9 p.m.
Wednesday's games
Boston at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Carolina at Anaheim, 10 p.m.
Calgary at San Jose, 10 p.m.

CANADIENS 3, JETS 0

First Period

1. Montreal, Pacioretty 19 (Weber, Palushaj) 18:02
Penalties — Byfuglien Wpg (goaltender interference) 3:31, Kostitsyn Mtl (goaltender interference) 9:03.

Second Period

2. Montreal, Emelin 2 (Plekane, Darche) 7:20
3. Montreal, Plekane 11 (Kaberle, Subban) 11:28
Penalties — Darche Mtl (interference) 1:05, Wheeler Wpg (roughing), Kostitsyn Mtl (tripping) 10:12, Wheeler Wpg, Subban Mtl (fighting) 16:05.

Third Period

No Scoring.

Penalties — Montreal bench (too many men) 13:25, Stuart Wpg (tripping) 15:03, Bourque Mtl (tripping) 17:58, Byfuglien Wpg (hooking) 19:07.

Shots

Winnipeg 7 8 8 23
Montreal 11 11 1 23

Goal — Winnipeg: Pavelec (L,18-18-6); Montreal: Price (W,18-19-8). **Power plays (goals-chances)** — Winnipeg: 0-5; Montreal: 1-3. **Referees** — Dan O'Rourke, Justin St-Pierre. **Linesmen** — Don Henderson, Andy McElman. **Attendance** — 21,273 (21,273) at Montreal.

SATURDAY

CANUCKS 3, AVALANCHE 2 (SO)

First Period

1. Vancouver, Kesler 16 (Edler, Booth) 3:31
2. Colorado, Jones 10 (Stastny, O'Reilly) 9:14 (pp)
Penalties — Galiardi Col (elbowing) 4:51, Booth Vcr (goaltender interference) 8:46, Raymond Vcr (high-sticking) 10:46, Bittz Vcr, McLeod Col (fighting) 16:42, Galiardi Col (roughing) 19:32.

Second Period

3. Colorado, McClement 7 (Winnik) 3:39
Penalties — Kobasew Col (tripping) 13:20, Hamhuis Vcr (cross-checking) 17:46.

Third Period

4. Vancouver, Bielska 5 (H.Sedin) 19:25
Penalties — Stastny Col (hooking) 3:02, Edler Vcr (interference) 4:37, Winnik Col (holding) 11:17, Burrows Vcr, O'Brien Col (roughing) 13:56.

Overtime

No Scoring.

Penalties

— None.

Shootout

Vancouver wins 1-0
Vancouver (1) — Lapierre, miss; Raymond, goal; **Colorado (0)** — Hejduk, miss; Landeskog, miss; O'Reilly, miss.

Shots

Vancouver 7 10 11 1-29
Colorado 18 12 11 5-46

Goal — Vancouver: Luongo (W,21-10-5); Colorado: Giguere (L,12-9-2). **Power plays (goals-chances)** — Vancouver: 0-5; Colorado: 1-4. **Referees** — Don Van Massenhoven, Wes McCauley, Linesmen — Mike Cvik, Brad Lazarowich. **Attendance** — 17,024 (18,007) at Denver.

MAPLE LEAFS 5, SENATORS 0

First Period

1. Toronto, Kessel 27 (Bozak, Gardiner) 13:47
2. Toronto, Phaneuf 8 (Kessel, Lupul) 17:02 (pp)
Penalties — Franson Tor (interference) 7:29, Lupul Tor (delay of game) 10:37, Gonchar Ott (hooking) 16:23, Condra Ott (hooking) 17:27.

Second Period

3. Toronto, Bozak 9 (Kessel, Franson) 8:25
Penalties — Konopka Ott (interference) 3:06, Toronto bench (too many men; served by MacArthur) 17:43.

Third Period

4. Toronto, Schenn 2 (Lupul, Bozak) 5:39
5. Toronto, Franson 4 (Graboski, MacArthur) 12:17
Penalties — Carkner Ott (roughing) 11:04, Ku-ba Ott (tripping) 18:03.

Shots

Toronto 16 9 15 40
Ottawa 12 21 16 49

Goal — Toronto: Reimer (W,9-5-4); Ottawa: Anderson (L,25-18-4). **Power plays (goals-chances)** — Toronto: 2-5; Ottawa: 0-3. **Referees** — Tom Kowal, Stephen Walkom. **Linesmen** — Pierre Champoux, Brian Mach. **Attendance** — 20,500 (19,153) at Ottawa.

OILERS 5, RED WINGS 4 (SO)

First Period

1. Edmonton, Gagner 10 (Whitney, Hensley) 2:42 (pp)
2. Edmonton, Eberle 21 (Gagner) 5:41
3. Detroit, Filppula 16 (Zetterberg) 19:23 (sh)
4. Edmonton, Gagner 11 (Smyth, Whitney) 19:59 (pp)

Second Period

Penalties — Clearly Det (tripping) 1:19, Potter Edm (double roughing) 8:37, Smid Edm (boarding) 9:56, Holmstrom Det (hooking), Commodore Det (fighting), Eager Edm (fighting) 18:05.

Third Period

No Scoring.
Penalties — Whitney Edm (hooking) 2:34, Commodore Det, Holmstrom Det, Eager Edm (roughing) 9:09.

Shots

Edmonton wins 2-1
Detroit (1) — Datsky, miss; Hudler, miss; Bertuzzi, goal; Zetterberg, miss; Filppula, miss; Cleary, miss; **Edmonton (2)** — Eberle, miss; Gagner, goal; Hensley, miss; Hall, miss, Belanger, miss, Nugent-Hopkins, goal.

Shots

Detroit 13 10 15 1-39
Edmonton 9 13 6 4-32

Goal (shots-saves) — Detroit: Conklin (9-6), MacDonald (L,0-0-1) (0:00 second, 23-22); Edmonton: Dubnyk (W,10-11-1). **Power plays (goals-chances)** — Detroit: 0-3; Edmonton: 2-3. **Referees** — Marc Joannette, Mike Leggo. **Linesmen** — Greg Devorski, Scott Cherrey. **Attendance** — 16,839 (16,839) at Edmonton.

GOLF

PGA PHOENIX OPEN

At Scottsdale, Ariz.

Par 71 — Final Round

Kyle Stanley, \$1,098,000
Ben Crane, \$658,800
Spencer Levin, \$414,800
D.J. Trahan, \$292,800
Brendan Steele, \$222,650
Kevin Na, \$222,650
Bubba Watson, \$222,650
Bo Van Pelt, \$170,800
John Rollins, \$170,800
Jason Dufner, \$170,800
Webb Simpson, \$170,800
Trevor Immelman, \$128,100
John Huh, \$128,100
Chris Stroud, \$128,100
Bryce Love, \$100,650
Keegan Bradley, \$100,650
Rood Pampling, \$100,650
Harris English, \$100,650
Chris Couch, \$68,843
Pat Perez, \$68,843
Martin Flores, \$68,843
Bill Haas, \$68,843
Mark Wilson, \$68,843
Marc Leishman, \$68,843
Greg Chalmers, \$68,843
Jeff Quinney, \$43,310
Rickie Fowler, \$43,310
Derek Lamely, \$43,310
Gary Woodland, \$43,310
Harrison Frazar, \$43,310
Jeff Maggert, \$43,310
Phil Mickelson, \$43,310
Matt Kuchar, \$31,546
Robert Allenby, \$31,546
Carl Pettersson, \$31,546
George McNeill, \$31,546
Charles Howell III, \$31,546
Seung-Yul Noh, \$31,546

Also

Graham DeLaet, \$13,725
Deorean Han, \$12,566

EUROPEAN PGA QATAR MASTERS

At Doha, Qatar

Par 72 — Final Round

Paul Lawrie
Jason Day
Peter Hanson
John Daly
Ricardo Gonzalez
Jean Gonnet
Sergio Garcia
Soren Hansen
Martin Kaymer
Vitor Dubuisson
Nicolas Colsaerts
69-67-65-201
68-72-65-205
69-69-67-205
67-73-67-207
71-67-70-208
71-72-65-208
72-68-68-208
71-71-66-208
71-70-68-209
72-68-69-209
69-68-72-209

Also

69-67-72-201-283
69-69-73-74-285

AUSTRALIAN LADIES MASTERS

At Gold Coast, Australia

Par 72 — Final Round

(a-denotes amateur)

Christel Boeljen
Diana Luna
Kim Ha-neul
Ryu So Yeon
Gwladys Nocera
Felicity Johnson
Lee Bo-mee
Lindsey Wright
Danielle Kang
Nikki Campbell
Karine Icher
Caroline Hedwall
Sophie Gustafson
Giulia Sergas
Kang Haegi
Lexi Thompson
Kylie Walker
Frances Bondad
66-65-68-68-267
71-64-66-67-268
72-65-64-67-268
66-61-69-72-268
69-68-69-64-270
67-68-70-68-273
65-69-70-69-273
70-71-66-68-275
70-71-66-68-275
67-67-70-71-275
73-70-69-64-276
72-71-69-64-276
69-70-70-67-276
70-68-68-70-276
73-66-71-67-277
67-70-72-68-277
71-71-66-69-277
68-72-63-74-277

NFL

SUPER BOWL

Yesterday's result

At Indianapolis

New England vs. N.Y. Giants

SOCCER

AFRICAN CUP OF NATIONS

QUARTER-FINALS

Yesterday's results

At Libreville, Gabon

Mali 1 Gabon 1

(Mali advances 5-4 on penalty kicks)

At Franceville, Gabon

Ghana 2 Tunisia 1 (extra time)

ENGLAND

PREMIER LEAGUE

Manchester City	24	18	3	3	63	19	57
Manchester Utd	24	17	4	3	59	24	55
Tottenham	23	15	4	4	44	25	49
Chelsea	24	12	7	5	44	29	43
Newcastle	24	12	6	6	36	31	42
Arsenal	24	12	4	8	46	34	40
Liverpool	23	10	8	5	28	21	38
Sunderland	24	9	6	9	33	24	33
Norwich	24	8	8	8	34	32	32
Swansea	24	7	9	8	26	29	30
Everton	24	6	10	8	27	30	30
Stoke	24	8	6	10	23	36	30
Aston Villa	24	6	10	8	29	33	28
Fulham	24	6	9	9	29	35	27
West Brom	24	7	5	12	24	24	26
QPR	24	5	6	13	25	41	21
Wolverhampton	24	5	6	13	27	44	21
Bolton	24	6	2	16	28	49	20
Blackburn	24	4	6	14	34	54	18
Wigan	24	3	7	14	21	49	16



▶ LeBron James prepares to shoot as the Toronto Raptors' Rasual Butler and Jose Calderon defend in the first half Sunday in Miami.

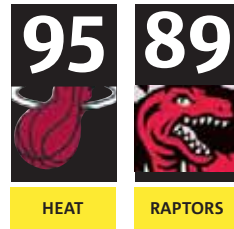
Raptors' rally falls short in loss to Heat

▶ 12-0 run puts Toronto within three ▶ LeBron James finishes with 30 points

LeBron James took a hard foul and clearly was not happy. So the next time he saw the ball, he made sure no Toronto player could reach him.

James' steal and dunk with just more than two minutes left gave Miami some breathing room, and the Heat held on to defeat the Toronto Raptors 95-89 on Sunday.

James finished with 30 points and Dwyane Wade added 25 for the Heat (18-6), who won for the 10th time in the last 12 games and moved within one game of Chicago (20-6) for



the best record in the Eastern Conference.

Chris Bosh scored 12 points against his former team.

Miami saw a 15-point edge trimmed to three in the final minutes but nev-

er surrendered the lead.

DeMar DeRozan scored 25 for the Raptors, who got 17 apiece from Jerry Bayless and Linas Kleiza.

"I liked our disposition," Raptors coach Dwane Casey said. "I liked the way we approached it. I liked the way we competed."

Kleiza's three-pointer with just under five minutes left got Toronto within eight, and another three from Bayless as the shot clock expired on the next Raptors' possession cut the Miami lead to 85-80.

Bayless scored again to get the Raptors within

three and cap a 12-0 Toronto run. And after Bosh missed a fadeaway from the right baseline, Bayless tried a three-pointer to tie. It bounced off, and with the game in the balance, James went to work. He was fouled by James Johnson and made two free throws with 2:20 left.

The next time James touched the ball, he didn't give the Raptors a chance to foul him — his steal and two-handed slam with 2:07 left gave Miami an 89-82 edge and all but ensured the win.

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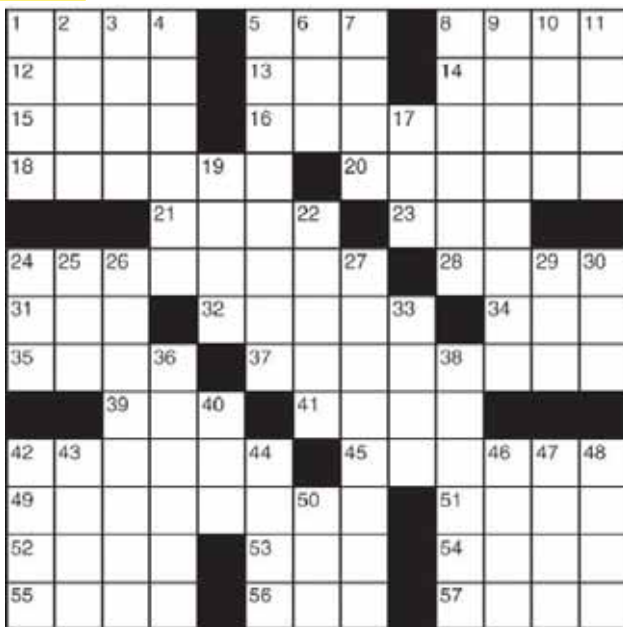
Crossword

Across

- 1 Player of old 45s
5 Small barrel
8 Rotate
12 Thing
13 Romano or Liotta
14 Choir voice
15 Wound cover
16 Incoming flights
18 Horror movie reaction
20 With uniformity
21 Boast
23 Big laugh
24 In handcuffs, maybe
28 Tower city of Italy
31 Debt letters
32 Gin and —
34 Convent person
35 Give temporarily
37 Set up
39 Neighbour of Kan.
41 Architect Saarinen
42 Short coat
45 OPEC, for one
49 Over-bearingly proud
51 Bamako's land
52 Warm and cozy
53 Hair salon application
54 "Woe is me!"
55 Enlivens, with "up"
56 Pigpen
57 Period after Mardi Gras

Down

- 1 Greet the villain
2 Need to scratch
3 "— Factor"
4 Drink to excess
5 Indo-nesian volcano
6 Listening organ



- 7 Move in a spiral
8 Prepare for a big purchase
9 Recent fad
10 "— have to do"
11 Inquisitive
17 Wall climber
19 Formerly, formerly
22 Literary category
24 Have a bug
25 Fish eggs
26 Second-place contestant
27 Without detouring
29 Take to court
30 Moreover
33 Irene of "Fame"
- 36 Clears the wind-shield, in a way
38 Standard
40 Plead
42 Grate
43 Sea eagle
44 Tatters
46 Story
47 Verve
48 Roster
50 Butterfly catcher

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

9	4	8	6	2	7	5	3	1
3	5	7	1	9	8	6	2	4
2	1	6	3	5	4	7	9	8
6	9	1	2	7	3	8	4	5
7	2	4	8	6	5	3	1	9
5	8	3	9	4	1	2	6	7
8	7	9	4	3	6	1	5	2
4	3	5	7	1	2	9	8	6
1	6	2	5	8	9	4	7	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Sorry for everything I tried million times to say sorry, i just can't help my imaginations. I dreamed come over to you again and again. Very sorry for myself and for your for everything i did so stupid. I mixed up the person and the things always. sorry and i swear never bother you intent to call you text you anymore ok.

FROM I SHOULD KNOW

suga is this more than you bargined for yet.....isnt it messed how im just dying to meet him. Drop a heart,, break a name.

FROM SOUR

ZANDAN love is kind ,, started of this year and i didnt think i be falling for you now,,, <3<3

FROM LORI

Today's horoscope

♈ Aries March 21-April 20

Someone you usually get along with will be a bit of a pain today, and maybe tomorrow too.

♉ Taurus April 21-May 21

If you reach for something too quickly today you may find that it slips from your grasp.

♊ Gemini May 22-June 21

You may have to sacrifice your own needs today as a partner or loved one demands that you spend more time with them.

♋ Cancer June 22-July 22

You may find that family and friends are no longer as supportive as they once were but it's no big deal so don't get excited.

♌ Leo July 23-Aug. 23

It may seem as if certain people have got it in for you but have they really or is it your mind playing tricks on you?

♍ Virgo Aug. 24- Sept. 22

It's hard not to be suspicious, especially when all the evidence suggests that a colleague is trying to get ahead at your expense.

♎ Libra Sept. 23-Oct. 23

If you want someone to follow your instructions today you will have to use charm rather than coercion.

♏ Scorpio Oct. 24-Nov. 22

Take care that in trying to find a solution to one problem you don't

For today's crossword answers and for expanded horoscopes, go to metronews.ca create more problems.

♐ Sagittarius Nov. 23-Dec. 21

You are in a generous mood and will do almost anything for almost anyone who needs your help.

♑ Capricorn Dec. 22-Jan. 20

The full moon will pull you in different directions over the next 48 hours.

♒ Aquarius Jan. 21-Feb. 18

You will be somewhat impulsive today and tomorrow, especially where affairs of the heart are concerned.

♓ Pisces Feb. 19-March 20

Someone in authority will flex their muscles today.

● SALLY BROMPTON

Caption contest



Rachelle



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